

**2016 Memberships are now due ...**Re-new your membership today by either calling the senior center, coming in or mailing your check. Keeping current on your dues will ensure that you continue to receive this newsletter at your door step! Highlights of your Senior Center Membership: newsletter direct mailed, participation in over 30 activities at no additional charge and trip registration priority. We are an active recreation center for all adults 55 and better. We have daily drop-in activities you can participate in, as well as, trips and tours, fitness, educational, enrichment and dance classes. The Bremerton Senior Center is also home to many entertainment groups, such as: Sunshine Singers, Center Line Dancers and more. Rates are on page 3.

•**COUPLES MEMBERSHIP** is for two people, at least one needs to be 55 or better, who reside at the same address. We have resident and non-resident rates. Rates are on page 3.

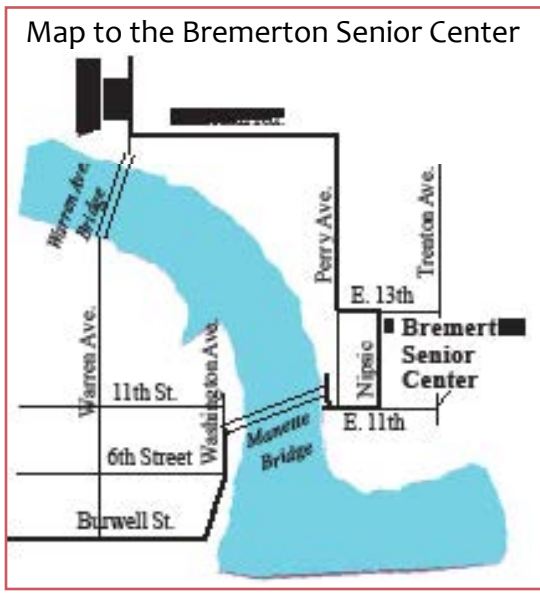
•**SINGLES MEMBERSHIPS** are for single city and non-city residents. Rates are on page 3.

•**ASSOCIATE MEMBERSHIPS** are for those individuals not yet 55 but who still would like to participate in the programs, trips and classes offered at the Center. This is a great membership for sons and daughters of members or active adults who participate at the Bremerton Senior Center. Rates are on page 3.



**Bremerton Senior Center**  
1140 Nipsic Ave  
Bremerton, WA 98310  
[www.ci.bremerton.wa.us](http://www.ci.bremerton.wa.us)  
(360) 473-5357  
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# BREMERTON SENIOR CENTER

## ACTIVE US NEWSLETTER

MAY-JULY 2016



The "Active Us" is THE place to get your information for the Bremerton Senior Center.





**BREMERTON SENIOR CENTER**  
**1140 NIPSIC AVE.**  
**BREMERTON, WA 98310**  
**(360) 473-5357**  
**www.ci.bremerton.wa.us**

**CENTER HOURS**

**MONDAY-FRIDAY 8 AM TO 3 PM**

**STAFF**

Holly Peterson, Recreation Program Coordinator III  
Barbara Roembke, Receptionist  
Marlys Price, Office Assistant/Membership

**VOLUNTEER RECEPTIONISTS**

Monday: Gail Dupee  
Tuesday & Thursday: Mac Whittlesey  
Wednesday: Judy Ray  
Friday: Al Butler

The Bremerton Senior Center is open to all people ages 55 and better. The annual user fees are listed on page 3.

The Bremerton Senior Center is a division of the City of Bremerton Parks & Recreation Department. The **Active Us** is published five times a year.

**Mission Statement:**

The Bremerton Senior center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational opportunities.

**\$UM\$**

**Seniors Uncover Money Solutions**

**\$UM\$** is you - all members of the Senior Center activities. We are dedicated to raising funds that can be used to make the Center a more enjoyable place for all of us.

**\$UM\$ Officers:**

President: Paul Vlastelica      Vice President: George Cho  
Treasurer: Al Butler      Secretary: Audrey O'Leary

**\$UM\$**

**CORNER**

I am so glad spring is here since this past winter has been very wet! Despite the weather outside, your Senior Center has been very busy with lots of indoor activities for you to take advantage of. If you have been away please check out our calendar for all upcoming events. Don't miss out on the path that will lead you into another great adventure.

The Tommy Thompson Plaque is now on display in the glass case. What a generous donation he left for us, we are so grateful.

The photos for our \$UM\$ president and vice president should be up in the near future so you will be able to identify who they are and give us words of encouragement, etc and no darts please.

We've ordered and put together 5 new chairs for the Computer Lab that were sorely needed and the new flooring for the computer lab and library are on hold until after our Spring Fling.

Speaking of the Spring Fling, it'll be held on May 3, 2016. Center entertainment, Mexican food will be served and who knows what antics will happen at this fun event, especially if Paul tells some of his jokes! All proceeds benefit your senior center.

Your \$UM\$ officers and Senior Center Staff are working on the 2016 Senior Craft Fair which will be held on Oct 14th and 15th 2016. Patricia Yarbrough has volunteered to make phone calls and to staff the greeter table. Kudos to Pat. Also, Cathy Vlastelica is in charge of staffing the bake sale table. If you are interested in volunteering for greeter and/or bake sale positions, please contact one of the \$UM\$ officers or the Senior Center Staff. It usually involves 2-3 hrs of your time either Friday or Saturday. The more volunteers we have to work these positions the better. PLEASE VOLUNTEER - the Senior Center is **we** the members. The proceeds we make will benefit all of us. For all the activity groups at the Senior Center, think about your raffle baskets -it's never too early to start planning and making them. We are hoping to start earlier this year so more baskets will be out on display at the Center. Remember, all proceeds that are brought into \$UM\$ are used for your Senior Center. I want to give a big Thank You to Holly for all your hard work and great enthusiasm.

Keep on Smiling - George Cho VP \$UM\$

**CO-ED REC MODIFIED SOFTBALL**

**SPRING/SUMMER SEASON @ LIONS PARK**

**TUESDAYS AND FRIDAYS 10 AM-12 PM**

Enjoy the great game of softball played by men and women. The emphasis is on having **fun** through friendly competition, exercising and to develop individual hitting and fielding skills in a positive, **team** setting. Previous experience is recommended. Modified Softball is played indoors during the fall/winter at Olympic Indoor Soccer Center. (Ages 55 and up, senior center membership is required.)

**DROP-IN ART**

**TUESDAYS, 12:30-2:30 PM**

This drop-in group will meet on a weekly basis with volunteer, Roberta Griffus as your guide. Use what you have from home and bring in your own work to complete or receive guidance on current art projects. You can even start new projects using different stills, no set course will be followed, so there will be no supply fee nor course materials provided. Main focus of class is on problem solving your artwork. Questions will be answered to the best of the guides ability.

**FOOTCARE**

**1ST TUESDAYS & 4TH WEDNESDAYS, BY APPT.**

Michelle Gamber provides this affordable service. It's a pedicure without the polish! Call her for prices and to schedule your appointment at (360) 871-5726.

**CRIBBAGE**

**WEDNESDAYS, 10 AM**

This classic game has been around since the 17th century. Great card game for 2-4 players.

**WOODCARVERS**

**WEDNESDAYS, 12:30-2:30 PM**

Design your own project, get some advice or just have interesting conversations while whittling away on your own special creations. Newcomers are always welcome!

**PINOCHLE**

**WEDNESDAYS, 12:00-2:30 PM**

Pinochle is a trick-taking game typically for two to four player and played with a 48 card deck. Players score points by trick-taking and also by forming combinations of cards into melds. Each hand is played in three phases,: bidding, melds and tricks.

**QUILTING CLASS**

**THURSDAYS, 9:30 AM-2:30 PM**

**FRIDAYS, 10 AM-2:30 PM**

Novice or experienced quilters, come one and all! Bring your quilting supplies, get new ideas and visit with other quilters. The group occasionally offers classes on techniques and styles.

**POOL TOURNAMENTS**

**8 BALL-1<sup>ST</sup> THURSDAYS - 10:30AM (NEW TIME)**  
**MAY 5, JUNE 2, SEPT 1 AND OCT 6**

**9 BALL-3<sup>RD</sup> WEDNESDAYS - 10:30AM (NEW TIME)**  
**MAY 18, JUNE 15, SEPT 21 AND OCT 19**

**9-BALL IS SPONSORED BY:**

FOREST RIDGE HEALTH & REHAB  
360-479-4747

Tournaments are just \$3 per player and include a delicious lunch and prize to the winner! **King/Queen of the hill is played daily for \$3.**

**TAKING CHARGE SERIES~**

**MOVING WELL**

**TUESDAY, APRIL 26TH, 11:30 AM**

Presented by Forest Ridge Health and Rehab. Learn different "moving" techniques to live well with a chronic illness. Lunch provided.

**BRAIN HEALTH & NUTRITION**

**TUESDAY, MAY 24TH, 11:30 AM**

Presented by Claremont Senior Living. This presentation will focus on 5 key components to a healthy mind as well as offering some tips to keep your memory and focus as sharp as possible as you age. Our five focus brain health Components Include: social & emotional, physical activity, mental & intellectual , nutritional and spiritual. We will be providing a "brain healthy" lunch in line with a Mediterranean diet. High in fruit, vegetables, nuts, berries, and whole grains. (No dairy.)

**FRAUD PREVENTION**

**TUESDAY, JUNE 28TH, 11:30 AM**

Presented by Crista Shores. Lunch provided. For detailed info, please contact the Senior Center.

GAMES

**Pool:** Monday-Friday, 8 AM-3 PM  
**Ping Pong:** Tuesdays & Thursdays, 8-10:30 AM  
**Mah Jong:** Tuesdays & Fridays, 9 AM-2 PM  
**Cribbage:** Wednesdays, 10 AM  
**Canasta:** Wednesdays, 9 AM  
**Pinochle:** Wednesdays, 12 PM  
**Bridge:** Mondays & Thursdays, 9 AM  
**Rummikub:** Thursdays, 10 AM-12 PM  
**Dominoes:** Fridays, 10 AM-1 PM

COMPUTER LAB

DAILY, 8 AM-2:45 PM

Flat screens, one touch screen, new hard-drives and high speed wireless internet in a quiet room, what more could you ask for? If you just want to surf the web, check your e-mail or refresh your computer skills, come on down and see what's new!

POOL

DAILY, 8 AM - 3 PM

Four tables are available daily to play on. Whether you come in just for the monthly tournaments or to see if you got game - you're sure to have fun!

SUNSHINE SINGERS

MONDAYS, 10:30 AM-12:30 PM

Tea for two and two for tea - that's me and you and lots of friends makes we...come be part of this group and make beautiful music and friendships. The Singers perform all around Kitsap County, delighting audiences everywhere they go!

BREMERTON ART GUILD

MONDAYS, 10 AM-1 PM

Do you sketch, sculpt, paint? Do you have an art project that you would like to work on but don't have the space or just want a little company? Join the members of the Bremerton Art Guild, bring your projects and enjoy.

SENIOR OPEN ICE SKATE

MONDAYS & WEDNESDAYS, 11 AM- 12 PM

Always wanted to learn to ice skate? Come to the Center to pick up your weekly passes to skate at the Bremerton Ice Arena. Skates are available to rent for \$2.50. This is a free program, however, Senior Center membership is required.

AARP SAFE DRIVING PROGRAM

MONDAYS & TUESDAYS, 9 AM-1 PM

JUNE 6-7

Need a quick review on your driving skills and/or want to save money on your insurance? AARP provides instruction for you. Attendance on both days is required to receive credit. Call (360) 473-5357 to register. Supply fee paid to instructor at first class. Class min. 5, max. 12.

CENTER LINE DANCERS

MONDAYS - BEG 12:30-1:45 PM/INT 1:45-3 PM

WEDNESDAYS - BEG 10:15 AM/INT 11:30 AM

Bring your cowboy boots and have a stompin' good time. Fun routines are learned and practiced with great camaraderie. The dancers also perform at various venues throughout the county.

BRIDGE

MONDAYS & THURSDAYS, 9 AM

Beginners to experienced Bridge players are welcome to play with this fun group.

BADMINTON

TUESDAYS & THURSDAYS, 8 AM

Come on down to Sheridan Park gym and have a great time batting at birdies (equipment is provided).

CRAFT CLUB WITH SALLY

TUESDAYS, 9 AM-NOON (A.K.A. CRITTERS)

Are you repairing an old friend or creating a new one? From re-stuffing critters to making curtains, Sally and her team of extreme makeover artists can help you work on any project.

SR WOMEN'S INDOOR SOCCER

TUESDAYS, 10-11 AM

This program is held at the Olympic Soccer and Sports Center located at Pendergast Regional Park. This is a free program, however, Senior Center membership is required.



www.facebook.com/BremertonParks

MEMBERSHIP RENEWAL

Renew your 2016 membership today or become a new member! Dues run the calendar year (January-December). 2016 renewal rates are listed below.

RESIDENTS

Single.....\$14/yr  
Couples.....\$21/yr  
Associate.....\$20/yr

NON-RESIDENTS

Single.....\$28/yr  
Couples.....\$42/yr  
Associate.....\$40/yr

TAKING CHARGE SERIES

A series of topics designed with you in mind. Each month will focus on a different topic - fitness, nutrition, aging, financial and more.

Each month is sponsored by a different business/provider and a light lunch/snack will be served. Reserve your seat today as these workshops fill up quickly.

April 26 - Moving Well with Chronic Illnesses

May 24 - Brain Health & Nutrition

June 28 - Fraud Prevention

11:30 AM, FREE

Main Room - Senior Center

MEAL ON WHEELS KITSAP - LUNCHES

Thursdays @ Noon, \$3

Fridays @ Noon, \$3

Nutritious and delicious lunches plus a great way to meet other seniors. Reservations are requested, call 360-377-8511 by 2 PM the previous day.

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SOCIALS/ LUNCHEONS

Our luncheons are a great way to meet people, enjoy a delicious meal and have a good time! Bring a guest, who's a non-member to the luncheon and when they join the Senior Center, you'll receive a special thank you gift!

MAY 3, 11:30 AM

SPRING FLING

FUNDRAISER LUNCHEON

Annual \$UM\$ Fundraiser-which benefits the Senior Center directly! Fabulous Mexican meal, dessert and Center entertainment, such as: the Center Line Dancers, The Duex and more. All proceeds benefit your senior center. Cost is \$5pp and tickets are limited to 80.

JUNE 14, 11:30 AM BURGER BASH LUNCHEON

Celebrate summer a little early with a burger bash! Burgers, beans, potato salad, chips and dessert!! Travel talk is also included today. Cost: \$5pp.

AUGUST 9, 11:30 AM

ICE CREAM SOCIAL

ICE CREAM!!!! Get your cool on by coming to our annual Ice Cream Social. Cost: \$5pp.

~DONATIONS~

We are still accepting the following donations. Thank you for your generosity!

Regular coffee in 3# can

De-Caf coffee in 3# can

10 oz Foam hot/cold cups

Individually wrapped candy

Individual creamers -

(flavored and regular)

Daily Activities are free for BSC members unless otherwise noted. Non members pay \$3 drop in fee per activity attended.



GENERAL TRAVEL INFORMATION

**FULL TRIPS:** If a trip is full, please place your name on the waiting list. Often reservations are canceled and we are able to fill the empty spots from the waiting lists.

**REGISTRATION PROCESS:** Registration for each trip begins when they are published in either the bi-monthly newsletter or the quarterly Activity Guide. Phone-in or walk-in are the two most convenient ways to register for trips. Phone reservations require a credit card. All registrations are first come, first served and members have priority.

**REFUNDS - NEW, PLEASE READ:** The Bremerton Senior Center reserves the right to cancel any tour that does not fill or reach it's minimum 10 working days before the travel date. In that event, you will receive a credit on your account to be used on another trip at the Senior Center. Refunds will not be given to any trip \$24 or less that you need to cancel. Cancellations for day trips are given only if a replacement to fill your spot is found, please let Senior Center staff know in ample time should you need to cancel. Trips canceled by the participant will be charged a 10% cancellation fee. No refunds will be given for trips canceled either the day of or 24hours in advance of departure. Cancellations for extended trips vary.

**PARKING:** Please contact the Senior Center office regarding the parking policy.

**BSC REPRESENTATIVE:** A staff member accompanies tours and will try to ensure that the tour runs as close to schedule as possible, that you are as comfortable as possible and handle any problems that may arise. All participants must have a current emergency medical waiver form on file prior to traveling.

**PAYMENTS:** Full payment is due at the time of registration.

**NAVIGATOR/CO-PILOT:** The passenger seat is designated the navigator/co-pilot. As the navigator/co-pilot your driver may request your assistance with either driving directions, buckling and unbuckling other travelers and closing the large passenger door. While not all trips require the above mentioned services, there is a basic need for them to some extent on all trips. Please be sure that your physical condition will allow you to perform such duties if requested.

**MOBILITY OF OUR PARTICIPANTS:** Each trip has an **R** rating. The higher the rating, the more walking and standing you will be required to do. **Please check the rating and know your limits prior to signing up.** Since we rely on two 15-passenger vans to travel, be courteous to other passengers. **If you require extra time to load and unload please be sure to be the last to load and unload. If you require a special seat to be seated in please make arrangements prior to loading the van and we will attempt to accommodate you.** Also, there are no restroom facilities on either van.

MAY

**FT LEWIS MUSEUM & LUNCH**  
**THURSDAY, MAY 5TH - COST, \$34, R2**  
The Lewis Army Museum is located in the Historic Red Shield Inn building on Joint Base Lewis-McChord (JBLM). The Lewis Army Museum is the only certified U.S. Army Museum on the West Coast. The Museum has the mission of preserving historic artifacts relevant to Camp Lewis, Fort Lewis, the Army component of JBLM and the units which have served here. The museum educates military professionals and the general public on the history of Camp Lewis, Fort Lewis and the Army component of JBLM and the role that the United States Army has played in the exploration, defense and development of the Pacific Northwest. (This is a walking intensive tour.) After the museum, we'll head to a Mexican restaurant for lunch. Tour, lunch and transportation are included.

**BREAKFAST CHALLENGE**  
**TUESDAY, MAY 10TH - COST, \$29, R1**  
The 2016 Breakfast Challenge is back on folks! This was by far our most popular challenge so we added a few new stops and included some old favs just for fun! We'll have 6 challenges before we pick our winner. Sign up for as many as you can so you really can be the judge of "who has the best in our little corner of the NW". Your breakfast, beverage and transportation are included.

**NW CARRIAGE MUSEUM & LUNCH**  
**THURSDAY, MAY 19TH - COST, \$34, R2**  
History abounds at the NW Carriage Museum in Raymond. Come visit one of the finest collections of 19th century carriages, buggy's, wagons and historical artifacts in the country. After our journey back in time, we'll head out to a local restaurant and enjoy a delicious lunch. Tour, lunch and transportation are included.

**TACOMA GLASSBLOWING & LUNCH**  
**THURSDAY, MAY 26TH - COST, \$84, R1**  
A return visit to Tacoma Glassblowing Studio!! The glassblowers will assist each trip goer individually - picking a shape, pattern, and colors. After the picking process, everyone will have 30 minutes, one-on-one time with an experienced glassblower who will be helping them make their piece. Three stations will be set up. Once everyone has completed their projects, we will be heading to Joeseppes's Italian Restaurant for a late lunch (on your own). Transportation and glassblowing experience is included in this trip.

2016 SHOE-INS!!

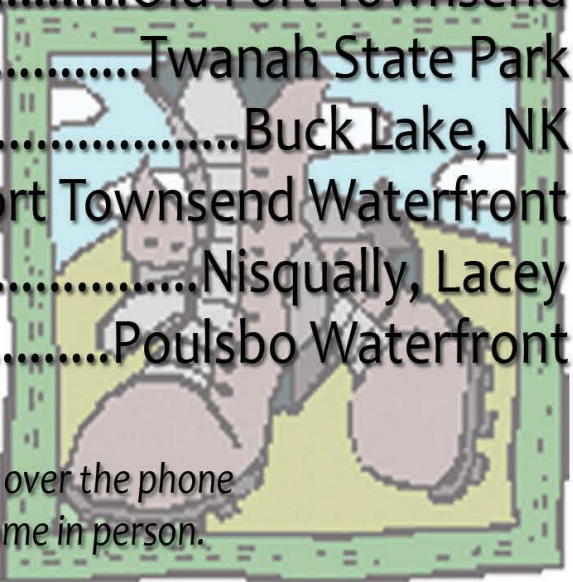
The Bremerton Senior Center Shoe-ins are at it again with fun, slightly vigorous walking treks. Sign up for as many as you'd like! All walks include transportation, are approximately 5 miles long (round-trip) and have an R2 rating. Please dress appropriately for any weather condition, bring water and a sack lunch. If an ice cream shop is nearby, you can bet we will make a pit stop!

All walks are held on Fridays and they are only \$14 each.

- Friday, April 29<sup>th</sup>.....Heritage Park, NK
- Friday, May 13<sup>th</sup> .....Fish Park, Poulsbo
- Friday, May 27<sup>th</sup> .....Fort Flagler, Port Townsend
- Friday, June 10<sup>th</sup> .....Harstein Island, Allyn
- Friday, June 24<sup>th</sup>.....Railroad Bridge, Sequim
- Friday, July 8<sup>th</sup>.....Old Fort Townsend
- Friday, July 22<sup>nd</sup>.....Twanah State Park
- Friday, August 5<sup>th</sup>.....Buck Lake, NK
- Friday, August 19<sup>th</sup>.....Port Townsend Waterfront
- Friday, September 9<sup>th</sup>.....Nisqually, Lacey
- Friday, September 23<sup>rd</sup>.....Poulsbo Waterfront



Call 360-473-5357 to register over the phone with your credit card or come in person.





AUGUST

TACOMA RAINIER’S GAME

TUESDAY, AUGUST 2ND - COST \$59, R2

Today we'll join fellow senior centers for a day full of fun, baseball and hopefully sunshine! Your ticket includes game day ticket, a private party deck area, all-inclusive buffet, ice-cold beverages, group name on video screen and a personal deck attendant! Transportation, admission and lunch are provided.

LEAVENWORTH OVERNIGHTER AND SUMMER THEATER

WEDNESDAY, AUGUST 10TH-FRIDAY, AUGUST 12TH  
COST \$434PP, DBL OCC/\$484 SGL OCC, R2

This will be a two-night, three-day overnighter in the beautiful Bavarian Village - Leavenworth. We will start our journey off with a ferry ride and then lunch (included) at Jake's on 2nd in Snohomish. After our bellies are full, let's head to Leavenworth via Stevens Pass. Once in Leavenworth, we'll check into our lovely hotel, get cleaned up and then head into town for dinner on your own. The performance of Beauty and the Beast will be held at the Festhalle Theater in the heart of downtown so after your meal, we can meet up at the Theater. Thursday morning enjoy a delightful breakfast buffet at our hotel and then we will depart as a group to head downtown for a leisurely day of sight-seeing. Before we see the wonderful production of the "Sound of Music" - a Bavarian Village classic, we will enjoy a group dinner at JJ Hill's, the hotel's restaurant (included). Each night we will stay at The Icicle Village Resort. Once we check out Friday morning, we will head south to Yakima, stop at a great fruit stand and eat lunch on your own at Whistling Jack's on Chinook Pass. Transportation, breakfast buffet, Wednesday's lunch, Thursday's dinner, overnight accommodations, Beauty & the Beast and the Sound of Music Theater Productions are all included in your fee.

TULALIP CASINO

TUESDAY, AUGUST 16TH - COST, \$19, R1

Tulalip Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with lots of different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own.

SEPTEMBER

FOSS WATERWAY SEAPORT & LUNCH

THURSDAY, SEPTEMBER 8TH - COST, \$34, R2

Celebrate Tacoma's rich maritime heritage—past, present and future. Located on the waterfront in a century-old wooden wheat warehouse, built for cargo arriving by rail and departing by sail ("where rails met sails") during the early years of Tacoma. The Foss Waterway Seaport is Puget Sound's premier maritime heritage, education and event center where families, students and entire communities come to discover, explore, work and play. Tour, transportation and lunch at a local venue is all included.

THE SUMMIT HOUSE @ CRYSTAL MOUNTAIN

THURSDAY, SEPTEMBER 15TH - COST \$84, R2

The Summit House is Washington's highest restaurant, perched at 6,872 feet. Northwest cuisine, global flavors and classic comfort foods meet in this casual mountain environment. And the view, well, it's something you won't find anywhere else! The Gondola ride takes you over alpine terrain and is also amazing. Lunch, Gondola Ride and transportation are included in today's adventure.

BREAKFAST CHALLENGE (new date)

TUESDAY, SEPTEMBER 20TH - COST, \$29, R1

The 2016 Breakfast Challenge is back on folks! This was by far our most popular challenge so we added a few new stops and included some old favs just for fun! We'll have 6 challenges before we pick our winner. Sign up for as many as you can so you really can be the judge of "who has the best in our little corner of the NW". Your breakfast, beverage and transportation are included.

PUYALLUP FAIR

THURSDAY, SEPTEMBER 22ND - COST \$19, R2

Puyallup Fair - THE FAIR!! The Fair continually ranks in the top ten largest fairs in the world. Situated south of Seattle and east of Tacoma in the shadow of majestic Mount Rainier. Rides, food and animals are just part of this fun day! Lunch is on your own.

JUNE

BROWSE PORT TOWNSEND

THURSDAY, JUNE 9TH - COST, \$16, R2

Spend the day browsing this coastal town. Make sure you stop shopping for a bit and enjoy a delightful lunch at any number of delicious restaurants in this quaint town. Transportation is included - lunch is on your own.

MUCKLESHOOT CASINO

THURSDAY, JUNE 16TH - COST, \$16, R1

Muckleshoot Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with 7 different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own.

BALLARD LOCKS CRUISE & LUNCH

TUESDAY, JUNE 21ST - COST, \$59, R2

This popular Argosy 2 1/2 hour cruise connects the salt water of Puget Sound and the fresh water of Lake Union via the Hiram Chittenden Locks. Enjoy narration of Seattle's history, while viewing the historic waterfront, the spectacular city skyline, one of the world's largest shipping terminals, the majestic Cascade and Olympic mountain ranges and the "Sleepless in Seattle" houseboat community. Once we arrive back to the Pier in Seattle, we will take a short walk to Pier 54, Ivars Acres of Clams on the Seattle Waterfront and enjoy a delicious late lunch. Locks tour and ferry are included, however, lunch is on your own.

TRIP RATINGS:

**R1:** Board & depart Bus/Van and walk 2-3 blocks without stopping to rest. Must be able to stand 15 to 30 min.

**R2:** Board & depart bus/van and walk 4-5 blocks without stopping to rest. Must be able to stand 30 to 45 min and handle limited stairs. Should be able to walk a mile in under 20 min.

*Please check the trip ratings carefully when registering. Signing up for trips that are within your limits will allow you to have a better experience.*

JULY

BREAKFAST CHALLENGE

THURSDAY, JULY 14TH - COST, \$29, R1

The 2016 Breakfast Challenge is back on folks! This was by far our most popular challenge so we added a few new stops and included some old favs just for fun! We'll have 6 challenges before we pick our winner. Sign up for as many as you can so you really can be the judge of "who has the best in our little corner of the NW". Your breakfast, beverage and transportation are included.

WHALE WATCHING CRUISE

THURSDAY, JULY 21ST - COST, \$109, R1

We'll board our boat in Port Townsend and take a 4-hour cruise in search of orca whales and other sea-life. Enjoy lunch as well aboard the vessel. Transportation, lunch and the tour are all included in today's adventures. Won't you join us as we make memories?

WELLNESS

*Our Fitness and Dance classes are designed for seniors as well as adults who wish a not-so-fast pace!*

AEROBICS-FREE VIDEO

MONDAYS, WEDNESDAYS & FRIDAYS, 9 AM

Get your heart pumping and your sweat dripping in this moderate paced fitness class. Class utilizes weights, resistance bands and other strength training techniques and can be fast-paced at times. Participants need to be able to exercise at a consistent level for 5-10 minutes at a time.

TAI CHI

THURSDAYS, 1:30 PM-2:30 PM

SESSIONS: MAY 12-JUNE 16 & JUNE 23-JULY 28

Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This class features Sun and Yang Styles. This class is accessible for all levels of fitness and taught by Sandy Carlson. Cost is \$30/6 weeks. Min of 5.

TAP DANCE

TAP II - TUESDAYS, 10-11 AM

SESSIONS: APRIL 19-MAY 24 & MAY 31-JULY 5

Tap is a wonderful, low-impact aerobic exercise that also increases balance and helps work on your memory. Tap II is for those with Intermediate/Advanced experience. Class is taught by Gary. Cost for 60 min classes: \$36/6 weeks. Min. of 5. (Classes will resume in September.)

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	3 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 Spring Fling Fund-raiser Luncheon</b> 12:30 Drop-in Art	4 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	5 8 Badminton * 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub <b>10:30 8-Ball pool tournament</b> 12 Meals on Wheels Kitsap 1:30 Tai Chi	6 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
9 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	10 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	11 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	12 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	13 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
16 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	17 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	18 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance <b>10:30 9-ball pool tournament</b> 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	19 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	20 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
23 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	24 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 TAKING CHARGE SERIES</b> 12:30 Drop-in Art	25 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	26 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	27 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
30 CLOSED MEMORIAL DAY	31 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Drop-in Art			* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park

JUNE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	2 8 Badminton * 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub <b>10:30 8-Ball pool tournament</b> 12 Meals on Wheels Kitsap 1:30 Tai Chi	3 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
6 8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	7 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	8 8 Pool 9 Lo-Impact Aerobics 9 Canasta 9 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	9 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	10 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
13 8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	14 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 Burger Bash Luncheon</b> 12:30 Drop-in Art	15 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance <b>10:30 9-ball pool tournament</b> 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	16 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	17 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Modified Softball *F 10 Dominoes 10-2 Quilting Class 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
20 8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	21 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	22 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	23 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	24 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Modified Softball *F 10 Dominoes 10-2 Quilting Class 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
27 8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	28 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 TAKING CHARGE SERIES</b> 12:30 Drop-in Art	29 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	30 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park





# Bremerton's WEST SOUND SENIOR GAMES



A Community Partnership of

Kitsap Sun

MARTHA & MARY At Home<sup>SM</sup>  
a home care program



An Athletic Event for Ages 50 and up  
**July 6-9, 2016**

8-Ball ~ 5k Run/Walk  
Badminton ~ Basketball  
Bowling ~ Cycling Time Trials  
Disc Golf ~ Horseshoes  
Mini-Golf ~ Pickleball  
Ping Pong ~ Swimming  
Track & Field



**Register for only \$35\*!**

Registration fee covers your participation in any or all events. Events are held at various locations throughout Kitsap County. Celebration BBQ is \$5pp. Late fee of \$10 for registrations received after June 14th or received the day of. Call the Bremerton Senior Center at 360.473.5357 for more info.

Download registration forms at [www.bwssg.com](http://www.bwssg.com)

# JULY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park				1 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
4 <b>CLOSED</b> <b>INDEPENDENCE DAY</b>	5 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women's Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	6 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 5:30-8:30 Ping Pong	7 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	8 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
<b>Bremerton West Sound Senior Games</b>				
11 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	12 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women's Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	13 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 1:30 Tai Chi 5:30-8:30 Ping Pong	14 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	15 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
18 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	19 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women's Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	20 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 1:30 Tai Chi 5:30-8:30 Ping Pong	21 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	22 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
25 8 Pool 9 Lo-Impact Aerobics 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	26 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women's Soccer *D 10-11 Int. Tap 12:30 Drop-in Art	27 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12 Pinochle 12:30 Woodcarvers 1:30 Tai Chi 5:30-8:30 Ping Pong	28 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Tai Chi	29 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10-2 Quilting Class 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong